

## **PEPPY PICKLES and RELISHES**

By **KATHRYN J. ORR**  
Specialist in Foods and Nutrition

### **KINDS OF PICKLES**

Pickled pineapple, tart and sweet . . . dills with a tang . . . old-fashioned cucumber slices . . . piquant piccalilli . . . these typify the four kinds of homemade pickles.

Easiest to make are the fruit pickles which are simmered in a sweet-sour syrup. Pineapples and mangos may be preserved in this way.

Then there are the quick-processed pickles made from vegetables salted down overnight and combined the next day with boiling-hot vinegar and spice.

Next are the brined pickles, also called fermented pickles because they go through a curing process lasting several weeks. Green tomato and cucumber dills belong in this group, along with brined beans.

Last are the relishes, such as tomato catsup, chili sauce, and chutneys made of vegetables or fruits, chopped and seasoned, or cooked down to a spicy sauce.

Best pickled vegetables are firm, clear, even in color throughout with no cloudy or white spots, and have a tart, pungent flavor.

Pickled fruits are plump, firm but tender, and have a spicy, sweet-sour taste.

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## FOR SUCCESS IN PICKLING

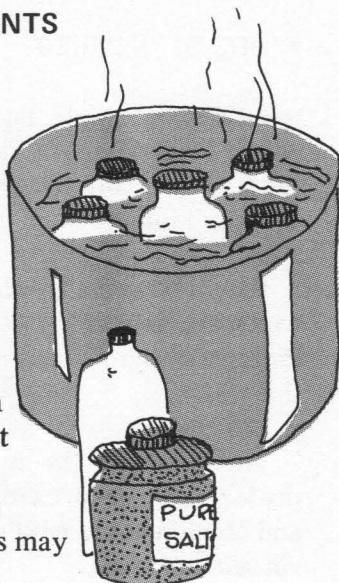
- **Use only fresh, good-quality fruits and vegetables.** Cucumbers and green tomatoes are best pickled within 24 hours of picking. Fruits may be slightly underripe.
- Sort for size.
- Use right ingredients and measure accurately.
- Follow directions exactly.
- Store pickles—sealed airtight—in a cool, dry, dark place.

## RIGHT INGREDIENTS

Use a good, clear, standard vinegar—free from sediment—one with 4 to 6 percent of acetic acid. This is stronger than the standard vinegar of 15 to 20 years ago, which had about 3 percent acetic acid. For that reason, pickles made by old recipes may be more sour.

Pure granulated or medium granulated salts make the best products. If you can't get any of these pure salts, you can use table salt. But you may not get as good results because of the carbonates or bicarbonates of sodium, calcium, or magnesium added to table salt to prevent lumping. With table salt, use the amounts called for in the recipes.

Use whole spices for most cooked pickles. They keep flavor longer. And they can be tied in a cloth to cook with other ingredients and then lifted out before pickles are packed. Spices packed in the jars with pickles will turn dark. When using a spice bag, be sure to have a clean, thin, white cloth large enough so



juices can circulate through the spices and draw out the flavor.

Limewater gives crispness to unfermented pickles such as pickled watermelon rind

## ABOUT EQUIPMENT

For cooked pickles use kettles of enamelware, aluminum, or stainless steel to heat acid pickling liquids.

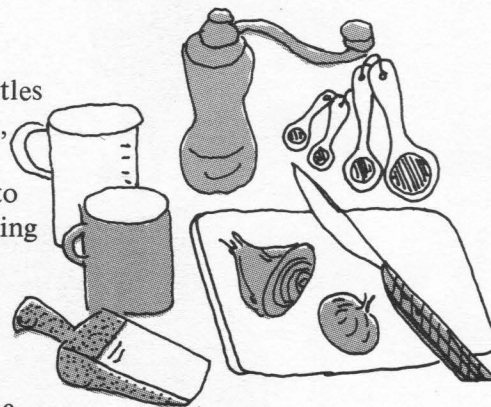
Don't use a copper kettle. And don't use a galvanized pail. Harmful substances and undesirable colors may occur with salts and acids.

For brining, you'll need a crock or stone jar; a clean, thin, white cloth; a heavy plate or round board cut to fit inside of the crock and coated with paraffin; clean stones or paraffined bricks to hold cover down.

For quick dills and others such as brined beans, corn relish, and cucumber slices, a water-bath canner, homemade or ready-made, is necessary. Any big, clean vessel will do if it's deep enough to let the water boil well over the tops of jars and if it has a good lid and a rack to keep jars from touching bottom. Rack may be of wire or wood. If possible, have partitions to keep jars from touching one another or falling against the side of the canner.

Jars for pickles must seal airtight. Left in a crock or capped with paraffin, pickles are likely to mold and turn soft.

Use a jar with a glass lid, such as the wire-bail type or a mason jar with three-piece lid. (page 3) Sharp, acid foods, such as pickles, will eat into the metal if they are in direct contact with it.



Use only perfect jars. Discard chipped, cracked, warped ones; dented, bent lids. Use clean, new rubber rings of the right size for your jars. Don't test by stretching.

Scrub in hot, sudsy water all necessary equipment including jars, glass lids, metal screw caps, and rubber rings.

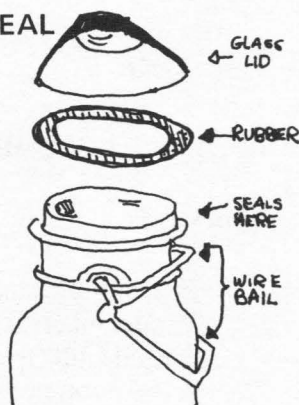
Scrub new rubber rings with a brush; boil 10 minutes in 1 quart water and 1 tablespoon baking soda for each dozen rings. Rinse well. Use fresh soda water for each lot. This may help to keep rings from flavoring food.

Place clean jars, lids, and caps in warm water and bring to boil. Dip rubber rings into boiling water just before fitting on hot jars or lids.

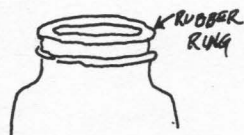
**To sterilize jars, lids:** If jars of food are not to be processed, i.e., heated in a boiling-water bath, boil jars and lids 15 to 20 minutes just before packing with pickles.

### FILL JARS AND SEAL

Wire-bail type jar is sealed with glass lid and rubber ring held in place by wire bail.



First step, fit hot, wet rubber ring on ledge at top of empty, hot jar.

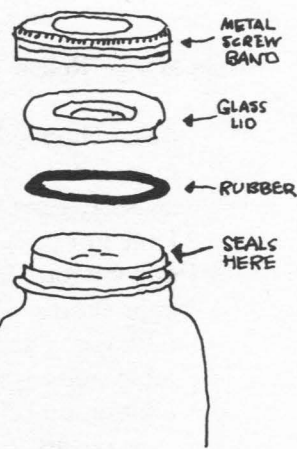


For quick dills and others processed in water bath, fill jar to within 1/2 inch of top. Wipe off any spilled food with clean, hot, damp cloth. Put on hot glass lid. Push wire on top of lid so it fits into groove. Leave short wire up. After processing jars of food in boil-

ing-water bath, push short wire quickly down to complete seal.

For other pickles, not processed, fill jar to top, wipe off any spilled food, seal tightly.

Picture shows glass lid and top-seal rubber ring, held in place by metal screw band, to fit standard mason jars.



For products processed in water bath, fill jar to within 1/2 inch of top. Wipe off any spilled food with a clean, hot, damp cloth.

Fit hot rubber ring on hot glass lid. Put lid on jar with rubber side down. Screw metal band on tight; then, using thumb as guide, turn back almost a quarter turn, or so that band and jar just mesh together. (Caution: If band is screwed too tight, jar may break.) After processing jars of food in boiling-water bath, screw band down tight at once.

For other pickles, not processed, fill jar to top, wipe off any spilled food. Fit rubber ring on hot glass lid. Put lid on jar with rubber side down; screw metal band on tight.

### FRUIT PICKLES

#### Pineapple Pickles



- 1 fresh pineapple (4 to 6 cups)
- 2 cups sugar
- 2 cups water
- 1 cup vinegar
- 1 stick cinnamon, 2 inches long
- 2 to 4 whole cloves
- Dash of salt

Peel pineapple and cut crosswise into 1-inch thick slices. Remove core and cut into sections about 1 inch wide. Mix sugar and water in



saucepan; add pineapple pieces and boil for about 10 minutes. Remove pineapple. To the syrup, add vinegar and spices. Boil until syrup is thickened. Add pineapple back into syrup and boil for about 5 minutes. Pour into hot sterilized jars and seal.

*Yield:* 1 to 1½ pints.

### Sweet Mango Relish

- 1 quart chopped green mangos
- 2 large onions
- 6 sweet red peppers
- 2 large hot peppers
- 1 cup vinegar
- 4 cups sugar
- 1 tablespoon salt
- 1 tablespoon white mustard seed
- 1 tablespoon celery seed
- 2 cups raisins (optional)

Peel green mangos, cut from seed, chop or put through coarse blade of food chopper, enough to make 1 quart. Chop or grind onions, sweet peppers, and hot peppers. Mix other seasonings, vinegar, and raisins. Combine all ingredients. Bring to boil and boil 10 minutes. Let stand overnight. Next morning cook until slightly thickened. Pack boiling hot and seal.

*Yield:* 6 to 8 pints.

### Mango Seed Pickle

- 1 gallon green mango halves, dried
- Hawaiian salt, as needed
- 1½ pounds brown sugar (3 cups)
- 2 teaspoons Chinese 5 spices (heong liu fun)
- Red food color
- 2 teaspoons powdered licorice (kun chow mut)

Peel green mangoes. Cut in half (if seed is soft enough to cut through, leave it in). Arrange on trays and sprinkle with Hawaiian salt. Cover with cheesecloth or a screen to keep insects away. Dry thoroughly in sun or sunny window for 1 week. When thoroughly dried, rinse off salt. Add water to barely cover; boil for 5 to 10 minutes; drain. Add sugar and

spices and cook until sugar melts and seeds are covered with mixture. Add red coloring; stir; cool. Store in sterilized jars.

### Shredded Mango

- 6 cups green mangos (about 9 whole mangos)
- 1½ teaspoons Hawaiian salt

#### Syrup:

- 2 tablespoons water
- 1 cup brown sugar, firmly packed
- 1 teaspoon red food coloring
- ¼ teaspoon Chinese 5 spices (heong liu fun)

Peel green mangos; slice into ¼-inch strips. Sprinkle with salt and let stand overnight. Drain. Combine syrup ingredients and bring to boil over high heat. Add drained mangos and cook over medium heat 5 to 8 minutes, stirring occasionally. Cool. Remove shredded mango mixture to a flat baking pan lined with paper toweling. Bake at 170–200 F for 1 hour or until dried. (May be sun-dried for 1 day.)

*Yield:* 1½ to 2 cups.

### CUCUMBER PICKLES

#### Quick Dills\*



- ½ gallon or 2 pounds 4-inch cucumbers, cut in half lengthwise
- 3 heads dill (fresh or dried)
- ½ teaspoon peppercorns
- 3 tablespoons salt
- 1 to 1½ cups vinegar
- 1 to 1½ cups water
- Garlic, if desired

Wash and cut cucumbers. Combine salt, vinegar, and water and bring to a boil. Pack cucumbers into hot jars. Put in dill and peppercorns (and 1 to 2 cloves of garlic in each jar). Pour in boiling pickle solution, adjust lid. Process in boiling water bath for 10 minutes. Label and store in cool, dark storeroom.

*Yield:* 3 pints.

\*For brined dills or green tomatoes, see *Pickle and Relish Recipes*, USDA Leaflet 169 (March 1950), p. 6.

### Sweet Dill Pickles

- 2-quart jar of dill pickles
- 1-¼ cups cider vinegar
- 1-½ cups water
- 4 cups sugar
- 1 teaspoon tumeric
- 1-½ tablespoons pickling spice

Cut dill pickles crosswise into 3/4-inch slices. Mix and heat vinegar, water, sugar, tumeric, and pickling spice. Pour heated, spiced syrup over pickle slices and let stand several hours or overnight. Drain off liquid, reheat, and again pour over pickles. This process may be repeated two or three times. Put pickle slices in hot sterilized jar; strain out spices from hot syrup and pour syrup over pickles. Seal.

*Yield:* 1-½ to 2 pints.

### Bread and Butter Pickles

- 12 medium-sized cucumbers
- 6 onions
- 2 cups vinegar
- 2 cups sugar
- 2 teaspoons mustard seed
- 2 teaspoons celery seed
- 1 teaspoon ginger
- 1 teaspoon cornstarch
- ½ teaspoon pepper
- ½ teaspoon tumeric

Wash cucumbers thoroughly. Slice cucumbers and onions in thin slices. Let stand 2 hours in a salt solution, made from 2 quarts water and ½ cup salt. Bring rest of ingredients to a boil and let boil for 1 minute. Add cucumbers and onions and allow mixture to become thoroughly heated. Pour into sterilized jars and seal while hot.

*Yield:* about 6 pints.

### CABBAGE AND TOMATO PICKLES

#### Piccalilli

- 1 quart chopped green tomatoes
- 2 medium-sized sweet red peppers,



- chopped
- 2 medium-sized green peppers, chopped
- 2 large mild onions, chopped
- 1 small head cabbage, chopped
- ½ cup salt
- 3 cups vinegar
- 1 pound (3 cups firmly packed) brown sugar
- 2 tablespoons mixed pickle spices

Combine vegetables; mix with salt. Let stand overnight. Drain and press in a clean, thin, white cloth to remove all the liquid possible. Combine vinegar and sugar. Place spices loosely in thin, white cloth; tie top tightly. Add to vinegar mixture; bring to boil. Add vegetables, and simmer about 30 minutes. Remove spice bag. Pack into clean, hot, sterile jars. Fill jars to top; seal tightly.

*Yield:* about 4 pints.

### UNCOOKED RELISH

#### Uncooked Tomato Relish



One quick and easy way to use a few tomatoes is in uncooked relish. Such a product adds color and flavor to meals. Because it is uncooked, the relish must be kept in the refrigerator.

- 2 quarts chopped, peeled red tomatoes
- 1 cup chopped celery
- ¾ cup chopped onion
- ½ cup chopped green pepper
- 2 teaspoons salt
- 3 tablespoons sugar
- 1 tablespoon mustard seed
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 1 cup vinegar

Mix all ingredients together thoroughly. Pour in clean jars. and cover, In the refrigerator or other cold place, this relish keeps two or three weeks.

*Yield:* 4 pints.

## ORIENTAL VEGETABLE PICKLES

### Pickled Daikon (Sanbaizuke Style)



- 3 daikon, chopped crossways
- $\frac{1}{4}$  cup salt
- $\frac{1}{2}$  cup shoyu
- $\frac{1}{2}$  cup sugar (more if desired)
- $\frac{1}{4}$  cup vinegar
- 2 tablespoons ginger, chopped fine
- 1 chili pepper (optional)

Sprinkle salt over daikon, soak overnight; wash and drain. Cook shoyu, sugar, vinegar, ginger, and pepper, and boil for 3 minutes. Add daikon and bring to boil fast. Cook 1 minute and pack in jars. Store in refrigerator.

### Crispy Takuwan

- 1 bunch daikon, cut lengthwise (2 inches x  $\frac{1}{2}$  inch)
- 1 cup sugar
- $\frac{1}{2}$  cup vinegar
- $\frac{1}{4}$  cup salt
- 1 teaspoon ajinomoto
- Yellow food coloring
- Chili pepper (if desired)

Cut daikon and pack in gallon jar. Mix all other ingredients and pour over daikon. After a day, pack in smaller containers and keep in refrigerator.

### Nasu Karashizuke (Mustard Pickles)

- 1 pound long eggplant, cut into  $\frac{1}{8}$ -inch

- thick pieces, salted 1 hour and drained
- 1 teaspoon dry mustard made into paste with water
- 2 tablespoons shoyu
- 2 tablespoons sake
- 2 tablespoons sugar
- $\frac{1}{2}$  teaspoon ajinomoto

Mix all ingredients. Put into covered jar and leave 2 hours before serving.

### Kim Chee (Korean Relish)

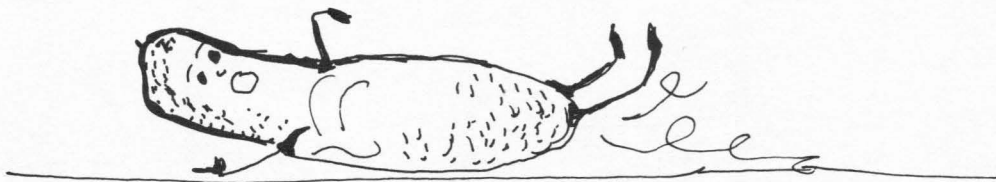
- 2 pounds fresh celery cabbage (wong bok)
- 4 cups water
- $\frac{1}{2}$  cup Hawaiian or ice cream salt
- $\frac{3}{4}$  teaspoon finely chopped red pepper (fresh or dried)
- $\frac{1}{8}$  teaspoon finely chopped fresh garlic (or canned puree)
- $\frac{1}{2}$  teaspoon finely chopped ginger root (fresh or dried)
- $\frac{1}{4}$  cup finely cut green onions
- 1 tablespoon sugar

Wash cabbage. Cut into  $1\frac{1}{2}$  inch lengths. Add  $\frac{1}{2}$  cup Hawaiian or ice cream salt to 4 cups of water and soak cabbage for 4 hours or until cabbage is limp. Turn cabbage once or twice during this soaking period. Drain cabbage well. Mix all other ingredients and add to cabbage. Pack well into a jar, cover, and keep in a cool place 1 to 2 days to ripen.

*Yield:* 1 quart mildly flavored Kim Chee.



## PICKLE PILIKIA



**Soft, slippery pickles** Vinegar solution too weak  
Pickles cooked too long  
Pickles stored in warm place



**Shriveled pickles**  
Vinegar solution too strong  
Too much sugar  
or salt in solution

**Hollow pickles**  
Faulty development of cucumbers  
(Hollow cucumbers usually float)  
Cucumbers stood too long after picking  
(Should not stand more than 24 hours)

**Darkened pickles** Allspice, cinnamon, and cloves, ground rather than whole  
Vinegar too dark  
Iron in water or in utensils.

## REFERENCES

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- (7) **Your Blue Flame Notebook—“It’s Mango Time Again.”** Honolulu Gas Company-Home Economics Department, Honolulu, Hawaii, July 1970.
- (8) **Honolulu Vocational School, Cafeteria Management-Honolulu, Hawaii.**

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